

F. No. 36(2)(6)(39)/2026/DSW/515

Dated: 6th October 2026

Notice

Subject: Schedule and Instructions for Participation in 21st GGSIPU Inter-Collegiate Best Physique, and Powerlifting Championships

The 21st GGSIPU Inter-Collegiate Best Physique, and Powerlifting Championships will be conducted at the GGSIPU, Dwarka Campus per the following schedule:

S. No.	Sport	Venue	Competition Date and Time	Reporting Time	Weigh-in Time
1	Powerlifting (Men & Women)	Outdoor Squash Court	14 – 15 Oct at 12:00 hrs.	08:30 hrs.	09:00 hrs to 10:00 hrs.
2	Best Physique (Men & Women)	Seminar Hall, D-Block	16 October 12:00 hrs.	09:30 hrs.	10:00 hrs. to 11:00 hrs.

Instructions:

1. All participants must submit the Eligibility Proforma (attached herewith), duly filled and signed by the Principal/Director, at the venue at least one hour before the scheduled time of their event. All columns of the Eligibility Proforma must be properly filled, and no team will be allowed to participate without the Eligibility Proforma under any circumstances.
2. All participants must produce their original College/Institute Identity Card at the time of registration/competition or whenever required by the officials.

Rules:

1. Best Physique participants must compulsorily report in proper Bodybuilding kit.
2. All participants must report for body weight as per the notified schedule. No participant will be allowed for weigh-in after the scheduled time.
3. Each institute may field a maximum of one participant per weight category.
4. Men's Powerlifting Weight Categories: 59kg, 66kg, 74kg, 83kg, 93kg, 105kg, 120kg, Above 120kg
5. Women's Powerlifting Weight Categories: 47kg, 52kg, 57kg, 63kg, 69kg, 76kg, 84kg, Above 84kg
6. Men's Best Physique Weight Categories: Upto 60kg, Over 60kg upto 65kg, Over 65kg upto 70kg, Over 70kg upto 75kg, Over 75kg upto 80kg, Over 80kg upto 85kg, Over 85kg upto 90kg, Above 90kg
7. Women's Best Physique Weight Categories: Will be decided according to no. of participants.
8. Medals in each weight category shall be awarded according to the number of participants actually reporting and competing in that event, as follows: (a) Four or more participants: Gold, Silver and Bronze medals shall be awarded. (b) Three participants: Gold and Silver medals shall be awarded. (c) Two participants: Only a Gold medal shall be awarded. (d) One participant: No medal shall be awarded, as there is no competition. Such an event may be cancelled or merged with another suitable category.
9. The Referee/Umpire's decision shall be final and binding on all participants.
10. All participating players/officials must adhere to the Rules and Regulations notified vide Notice F. No. 36(2)(6)(39)/2026/DSW/353 dated 20.08.2026.


 (Prof. Meenu Kapoor)
 Director, Students' Welfare

Copy to:

1. Directors/Principals of Affiliated Institutes, GGSIPU
2. Project Director, UITS – with request to upload the notice on the university website.
3. Deputy Registrar (Security) – for kind information and necessary action
4. Medical Officer – for kind information and necessary action
5. Assistant Registrar to Vice Chancellor – for kind information of the Hon'ble Vice Chancellor
6. Assistant Registrar to Registrar – for kind information of the Worthy Registrar


 (Mahesh Kumar Hooda)
 Sports Officer

Directorate of Students' Welfare
Guru Gobind Singh Indraprastha University
(A State University established by the Government of NCT of Delhi)
Sector 16-C, Dwarka, New Delhi 110078

E-Mail: sports@ipu.ac.in Tel. No. 011 25302802

Eligibility Proforma for 21st GGSIPU Inter-Collegiate Sports Championship

Name of the College/Institute: _____

Name of the Sport: Best Physique

Section: Men

S. No.	Full Name of Student	Date of Birth	Weight Category	Enrollment No.	Programme in which studying	Present Semester	Mobile No
	1	2	3	4	5	6	7
1			Upto 60kg				
2			Over 60 kg upto 65 kg				
3			Over 65 kg upto 70 kg				
4			Over 70 kg upto 75 kg				
5			Over 75 kg upto 80 kg				
6			Over 80 kg upto 85 kg				
7			Over 85 kg upto 90 kg				
8			Over 90kg				

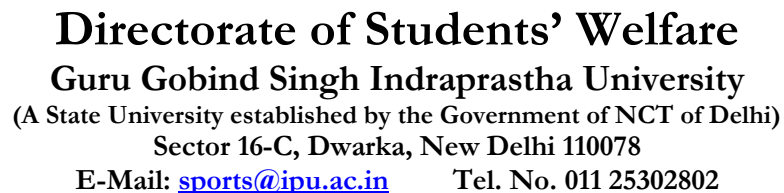
Team Officials (Coach/Asst. Coach/Manager, etc.)

S. No.	Full Name of Team Official	Designation	Phone Number
1			
2			

Certified that the above particulars are true as per records of the College / Institute

Date: _____

Signature and Stamp of the Director / Principal



Name of the College/Institute: _____

Name of the Sport: Best Physique

Section: Women

Team Officials (Coach/Asst. Coach/Manager, etc.)

Certified that the above particulars are true as per records of the College / Institute

Date: _____

Signature and Stamp of the Director / Principal



Directorate of Students' Welfare
Guru Gobind Singh Indraprastha University
(A State University established by the Government of NCT of Delhi)
Sector 16-C, Dwarka, New Delhi 110078
E-Mail: sports@ipu.ac.in Tel. No. 011 25302802

Eligibility Proforma for 21st GGSIPU Inter-Collegiate Sports Championship

Name of the College/Institute: _____

Name of the Sport: Powerlifting Section: Women

S. No.	Full Name of Student	Date of Birth	Weight Category	Enrollment No.	Programme in which studying	Present Semester	Mobile No
	1	2	3	4	5	6	7
1			47 kg				
2			52 kg				
3			57 kg				
4			63 kg				
5			69 kg				
6			76 kg				
7			84 kg				
8			Above 84 kg				

Team Officials (Coach/Asst. Coach/Manager, etc.)

S. No.	Full Name of Team Official	Designation	Phone Number
1			
2			

Certified that the above particulars are true as per records of the College / Institute

Date: _____

Signature and Stamp of the Director / Principal

Eligibility Proforma for 21st GGSIPU Inter-Collegiate Sports Championship

Name of the College/Institute: _____

Name of the Sport: Powerlifting Section: Men

S. No.	Full Name of Student	Date of Birth	Weight Category	Enrollment No.	Programme in which studying	Present Semester	Mobile No
	1	2	3	4	5	6	7
1			59 kg				
2			66 kg				
3			74 kg				
4			83 kg				
5			93 kg				
6			105 kg				
7			120 kg				
8			Above 120 kg				

Team Officials (Coach/Asst. Coach/Manager, etc.)

S. No.	Full Name of Team Official	Designation	Phone Number
1			
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Certified that the above particulars are true as per records of the College / Institute

Date: _____

Signature and Stamp of the Director / Principal